

11. BALLYHOURA WAY

The Ballyhoura Way, which is a 90km way-marked trail, is part of the O'Sullivan Beara Trail. The Way stretches from John's Bridge in north Situated in the southwest region of Ireland, on the borders of counties Tipperary, Limerick and Cork, Ballyhoura Country is an area of undulating green pastures, woodlands, hills and mountains. These loops are located in the middle of Ballyhoura country – starting and finishing in the small village of Anglesboro at the foot of the Galtee Mountains, in the south-east of County Limerick. The area is given mostly to agriculture, dairy farming being the main preoccupation.

Directions to trailhead
The Ballyhoura Way is best accessed at one of seven key trailheads, which provide information map boards and car parking. These are located reasonably close to other services and facilities, such as shops, accommodation, restaurants and public transport. The trailheads are located as follows:

- Trailhead 1 – John's Bridge**
John's Bridge is located on the R576 to Kanturk. A shop and filling station are located at the road junction.
- Trailhead 2 – Near Ballyhea**
This trailhead is located at Kennedy's Pub, just off the N20, and is 1km south of Ballyhea.
- Trailhead 3 – Green Wood Car Park, Glensheen**
Green Wood car park, Glensheen is 1km from junction on R512 to Glentanar.
- Trailhead 4 – Kilfinane**
Kilfinane is located on the R517 and is 10km from Kilmallock, 15km from Mitchelstown, and 18km from Tipperary. The trailhead is located at Barrack Street, Kilfinane on the R517.
- Trailhead 5 – Ballylanders**
Ballylanders is on the R513 and is 10km from Mitchelstown. The trailhead is located at the Commemoration Monument, Main Street, Ballylanders on the R513.
- Trailhead 6 – Lisvernane**
Lisvernane is located on the R663 and is 10km from Tipperary. The trailhead is located at Christ the King Monument on the R663.
- Trailhead 7 – Tipperary Town**
Tipperary Town is located on the N24, approximately 40 km from Limerick. The trailhead is located at the Ezzo Filling Station on the Limerick Road.

Trailheads: John's Bridge, near Ballyhea, Green Wood Car Park Glensheen, Kilfinane, Ballylanders, Lisvernane and Tipperary Town and is 1km south of Ballyhea.
Services: Anglesboro, Ballylanders
Distance: Approximately 90km
Time: Approximately 3.5 days
Difficulty: Moderate to Difficult
Terrain: The Way follows a mix of forest road, pathway, and field, with some short steep climbs from near Ballyhea Trailhead to Green Wood Car Park
To Suit: Suitable for people of medium level of fitness
Minimum Gear: Sturdy walking boots, waterproofs. Rucksack, fluid, snacks and mobile phone.
GPRS:
Limerick Junction 8 12° 3.3' W 52 30' 2.4' N
Tipperary Town: 8 9° 48.5' W 52 28' 24.6' N
Christ the King: 8 10° 2.9' W 52 25' 27.9' N
Galbally: 37 4' W 52 24' 0.8' N
Ballylanders: 8 20' 57.5' W 52 22' 20.3' N
Kilfinane: 8 27' 59.1' W 52 21' 30.9' N
Greenwood: 8 30' 15.1' W 52 18' 58.6' N
Ballyhea: 8 36' 46.7' W 52 18' 47.7' N
John's Bridge: 8 53' 15.1' W 52 14' 13.4' N

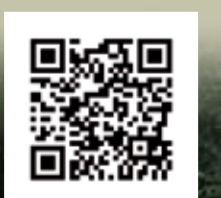


LIMERICK WALKING TRAILS

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The Shannon Region International Trails Programme is an initiative by Shannon Development to develop and promote the Shannon Region as a world-class trails destination. Check out www.shannonregiontrails.ie where you can find an abundance of information including GPS data, directions and detailed maps for lots of great trails, including walking, cycling, mountain biking, driving, equestrian, canoeing, surfing, scuba diving and more, in Ireland's Shannon Region - which covers counties Limerick, Clare, North Tipperary and South West Offaly.

- Useful Links**
- www.cantata2.ie
 - www.shannonregiontrails.ie
 - www.coillteoutdoors.ie
 - www.shannondevelopment.ie
 - www.discoverireland.ie/limerick
 - www.limerick.ie
 - www.loughgur.ie
 - www.ballyhoura.org



- Leave No Trace on the Loops**
- Be Prepared**
Ensure you have the fitness, equipment and time needed for the loop you choose. Check the weather forecast and be prepared for changing weather conditions.
 - Be Considerate of Other People**
Park appropriately - do not block entrance to other cars. Respect people you meet and keep noise to a minimum. Do not damage property.
 - Respect Farm Animals and Wildlife**
Keep dogs under close control. Avoid disturbing wild animals and birds and do not feed them. Remain at a safe distance from farm animals.
 - Protect the Trail from Erosion**
Travel in small groups and walk in single file on wet or eroded sections.
 - Leave What You Find**
Leave gates as you find them. Do not damage structures, artifacts or monuments. Leave rocks, plants, animals and habitats as you find them.
 - Dispose of Waste Property**
Take home ALL litter and leftover food - If You Bring It In, Take It Out!
 - Minimise the Effects of Fire**
Do not light fires and if you smoke, take used matches and cigarette butts home with you.

Situated on Ireland's West Coast, Limerick is a place of great contrasts. The vibrancy and great history of its riverside city sits comfortably alongside the rural majesty and dramatic windswept scenery of the County.



Walking is by far the best way to fully absorb all that Limerick has to offer. You'll be spoilt for choice with everything from the medieval marvels and Georgian grandeur of its city centre, to the gently undulating countryside that varies from the mountains of Ballyhoura in the Golden Vale, the forest paths of Curraghchase and the Clare Glens, the Estuary of the River Shannon in West Limerick, the start of the Lough Derg and Slieve Felim Ways, and walks on the University of Limerick Campus. Wherever you decide to walk, Limerick's topography always leads back to green.

Some of Ireland's most impressive heritage sites can be found in Limerick and there is certainly plenty of history to soak up on our Limerick Walking Trails. Wander through Limerick's towns and villages and engross yourself in its captivating history. Limerick, European City of Sport winner in 2011 is rightly famed as Ireland's sporting capital with rugby, Gaelic football, hurling, golf, horse-racing, walking and cycling the most popular pursuits. Make sure to get in on the action while you're here!

Limerick is definitely a place for getting out and about so at the end of a long days walk why not savour the marvellous creations of talented local artisan food producers and Limerick's many award winning chefs; settle in by the fire at a cosy country pub or catch a show at one of Limerick's theatres or music venues. The options are endless.

Walking in Limerick is a blank canvas – you pick where to go and decide how to fill your days and nights. This guide, which details walks in Limerick City and County, will hopefully make this a bit easier. Use our knowledge and your instincts and we're sure you'll have a fantastic walking holiday.



12. KNOCKDUV & LOOP BALLINABOOLA LOOP

Directions to trailhead
A-B. Starting from the trailhead, follow the green (Knockduv) and purple (Ballinaboola) arrows uphill from the car park. After 300m you reach a crossroads where the loop begins. You will return to here later-for now turn left.
B-C. Follow the forestry road for 800m to reach a 3 way junction where both loops veer right and uphill. Now follow a 1 km ascent along forestry road along which the loop is crossed by cycle tracks. At the top of the climb the loop swings right and after 100m is joined by the long distance Ballyhoura way (yellow arrows) at a 3 way junction. Continue straight at this junction, after 100m turn left and uphill.
C-D. Now the loop descends and after more than 1km you reach a y-junction where the Knockduv loop (green arrows) veers right and the Ballinaboola loop (Purple arrows) veers left and uphill.
D-A. Continue to descend and after 500m reach the crossroads from where you started the loop. Continue straight across, 300m back to the trailhead.
D-E. Continue on the purple arrows for the Ballinaboola loop where the loop ascends again and gives you good views of the surrounding countryside. After 2km it descends and reaches a crossroads where it rejoins the Ballyhoura way (yellow arrows) and turns right.
E-A. A straight section of almost 800m takes you to a T-junction where you turn right after another 2km you regain the crossroads you started the loop from. This time turn left (downhill) and enjoy the last 300m back to the trailhead.



Trailhead: Ballinaboola Woods Car Park, Ardpatrick, County Limerick
Services: Ardpatrick (4km)
Dist/Time: Knockduv Loop 5km/ Ballinaboola 10km
Difficulty: Moderate
Terrain: Forestry roads and tracks
Min Gear: Walking Boots, rain gear, liquids and mobile phone
Trailway marking: Knockduv (green), Ballinaboola (purple)
GPRS: Ballinaboola Woods: 8 38' 14" W 52 18' 43" N

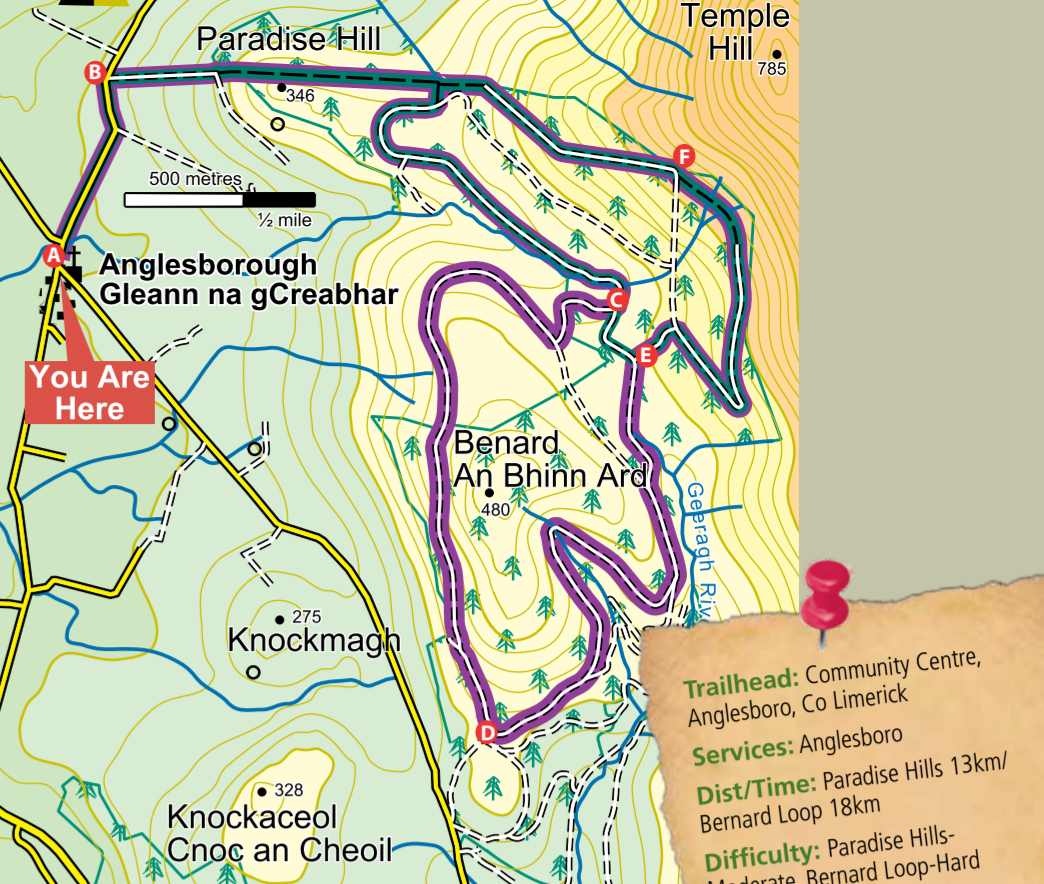
13. DARRAGH HILLS/ CASTLEGALE LOOP

Situated in the southwest region of Ireland, on the borders of counties Tipperary, Limerick and Cork, Ballyhoura Country is an area of undulating green pastures, woodlands, hills and mountains. The Darragh Hills, situated to the southeast of Kilfinane, offer pleasant walking through mixed broadleaf and conifer woodland with some heathland. There are wonderful views of the rolling hills of the surrounding countryside with Galtymore in the distance.

Directions to trailhead
From Kilmallock take the R512, follow past Ballygaddy Church and take the first turn to the left to the R517. Follow the R517 south to Kilfinane. At the Cross Roads in Kilfinane, turn right and continue on the R517. Continue straight until you reach a disused Creamery building on your right at Darragh Bridge, the trailhead is the old Creamery building.
A-B. Starting from trailhead, follow the purple (Darragh Hills Loop) and green (Castlegale Loop) arrows uphill along the surfaced roadway to reach a T-junction. Turn left and travel 100m to reach a junction with a laneway on your right. Turn right here.
B-C. Follow the laneway uphill past a Holy Well to a junction with a forestry roadway. Continue straight through the wooden posts and join a woodland track. Continue to follow the green and purple arrows along the track. Turn right here.
C-D. Follow the forestry roadway to reach a right bend, turn left into forestry and ascend to reach the pile of stones that is Castlegale. Enjoy the views, then continue over the top and descend a short distance to reach a forestry road. Turn right and walk for almost 500m. At a point just short of a stile into a field, watch for a marker which directs you right and you may leave the purple loop here and continue on the green loop for a shorter walk.
D-E. Cross some fields before joining a forestry road. At the end turn right and ascend steeply to the highest point of the purple loop close to the summit of Carrigeenamronety. After a quick descent the loop turns sharp right, but almost immediately turns sharp left and follows the edge of a forestry road and turn right.
E-A. Follow the purple arrows as the loop ascends gently, veers left at a T-junction. After 500m the green loop rejoins from your right. After another 200m, veer left onto a grassy downhill track and after a short descent reach the junction from where you started the loop. Turn left and follow the green and purple arrows to join the laneway and descend to reach the surfaced road. Turn left, then right, and enjoy the last 300m back to the trailhead.



Trailhead: Darragh Bridge, Darragh, Co Limerick
Services: Kilfinane (6km)
Distance: Darragh Hills 10km/Castlegale 7km
Time: Darragh Hills 2hrs 30 mins - 3hours / Castlegale 1hr 30mins - 2hrs
Difficulty: Moderate
Terrain: Darragh Hills-Green roads and forestry roads / Castlegale-Forestry roads, woodland paths
Minimum Gear: Trekking shoes, waterproofs, snacks, fluids, mobile phone.
GPRS: Darragh: 8 24' 24" W 52 20' 25" N



14. PARADISE HILL /BENARD LOOP

Situated in the southwest region of Ireland, on the borders of counties Tipperary, Limerick and Cork, Ballyhoura Country is an area of undulating green pastures, woodlands, hills and mountains. These loops are located in the middle of Ballyhoura country – starting and finishing in the small village of Anglesboro at the foot of the Galtee Mountains, in the south-east of County Limerick. The area is given mostly to agriculture, dairy farming being the main preoccupation.

Directions to trailhead
From Kilmallock take the R512 to Knocking and R513 to Ballylanders. Stay on the R513 for Mitchelstown. Take the second left on this road sign posted for Anglesboro. The trailhead is located at the Community Centre on your right.
A-B. Starting from the Community Centre, follow the green (Paradise Hills) and purple (Benard Loop) arrows downhill and veer right at the road junction. Pass Lane's shop on your right and continue out of the village and uphill to join a laneway on your right. Turn right here.
B-C. Follow the green and purple arrows along the laneway and into the forestry road across Paradise Hill. On the decent watch for a stile on your right as both loops turn into the forestry. After 50m the loops turn right and follow the forestry road for 2km to reach a 3 way junction. Continue straight for shorter walk Paradise Hills (Green Arrows) or turn right for the Benard Loop (Purple arrows).
C-D. For the Benard loop follow the purple arrows on the long section of forestry road, halfway through you are afforded fine views on your right of Knockaceo (the hill of music).
D-E. On the descent watch for a stile on your right as both loops turn into forestry. After 50m the loop turns right, follow the forestry road for almost 2km to reach a 3-way junction where the purple Benard Loop turns right and the Paradise Hill green loop continues straight. After 200m at a 3-way junction, rejoin the Benard Loop and turn left.
D-E. At the end of the purple section you reach a crossroads where you turn left. Continue to follow the purple arrows for 500m and swing into a forested river valley. A sharp right bend marks the midway point and you exit at a junction with a green road on your right. Approx 1 km later you rejoin the Paradise Hill loop at a 3 way junction.
E-F. Now follow both loops for 200m to reach a T-junction where you turn right, and after 300m take a sharp left. Now follow a long ascent to the highest point of the loop on the shoulder of Temple Hill. Fine views open up on your left as you descend to reach a sharp left turn where the loop turns right and crosses a stile into a field and turns left and downhill.
F-A. The loop descends for 200m to reach the stile you crossed at B above. This time continue straight ahead and rejoin the outward section of the loop on the return to the trailhead.

Trailhead: Community Centre, Anglesboro, Co Limerick
Services: Anglesboro
Dist/Time: Paradise Hills 13km/ Benard Loop 18km
Difficulty: Paradise Hills- Moderate, Benard Loop-Hard
Terrain: Green roads and Forestry Roads
Min Gear: Hiking boots, rain gear, liquids and mobile Phone
Trailway Marking: Paradise Hills (green), Benard Loop (purple)
GPRS: 8 17' 22" W (Anglesboro Church Car park) 52 20' 25" N





Trailhead: Merchants Quay Limerick
Services: Available at many locations
Distance: 3km
Time: 1hr/1hr 45mins
Difficulty: Easy
Terrain: Riverside and Pavement Walk
To Suit: All levels, leisure walkers,
Minimum Gear: Trekking shoes, rain gear, fluids and mobile phone.
OS Map: 65

1. MEDIEVAL LIMERICK WALKING TRAIL

The early Medieval City was established on the southern tip of King's Island. The island is formed by the Abbey and Shannon Rivers. Walled in 1185 it became known as English Town and from earliest times was the administrative heart of the city. Though the City has experienced many changes the administrative centre of the city is still situated here.

Those who could not or did not wish to embrace the Anglo Norman Culture were forced to move to the opposite side of the river. This area which was not fortified until 1320 was called Irish Town. Further expansion began in 1769 with the planning and building of the Georgian City.

- | | | |
|--|---|---|
| 1. Merchant's Quay (1500) | 9. St Saviour's Dominican Friary (1227) | 18. Castle Lane |
| 2. Potato Market (1843) | 10. Bishop's Palace* (C17th) | 19. Nicholas Street |
| 3. County Courthouse (1810) | 11. St Munchin's Church (1827) | 20. The Widows Alms Houses* (1691) |
| 4. City Hall | 12. Villier's Alms Houses* (1823) | 21. Exchange Wall (1673) |
| 5. St Mary's Cathedral (1168) | 13. Thomond Bridge (1838) | 22. Fanning's Castle* (C16th) |
| 6. Old City Courthouse/Gerard Griffin Memorial School (1765) | 14. Toll House* (1840) | 23. The Tholsel* (1449) |
| 7. Bourke's House | 15. North Munster Masonic Centre (1732) | 24. Barrington's Hospital* on Georges Quay (1829) |
| 8. Island Road/Remains of the City Walls/Sally Ports (1237) | 16. King John's Castle (1210) | |
| | 17. Bard of Thomond Statue | * Private Property, please respect |

2. LIMERICK CITY THREE BRIDGES RIVERSIDE LOOP

Limerick City located on the banks of the Shannon is descended from Viking times. The Loop takes in the main medieval quarter of Limerick City including the 13th century King John's Castle, St. Marys Cathedral and the Treaty Stone as well as a selection of river wildlife. The loop is generally undertaken in an anticlockwise direction and the River Shannon should be on your left at all stages of the walk.

Directions to trailhead

The loop starts at Limerick Tourist Office at Arthurs Quay in Limerick which is situated on the E20. The Satellite co-ordinates are Latitude 52.6652 and Longitude -8.6252. There is extensive on street and off street car parking nearby.

A-B Leaving from the Tourist Office, continue along the Riverbank keeping the River on your left. Travel through the underpass at Sarsfield House to the Hunt Museum and over the pedestrian bridge to the Potato Market.

B-C Opposite the Potato Market is the 12th century St. Mary's Cathedral which is open to visitors. Leaving the Potato Market during day light travel along the riverfront with excellent views of Curragh Falls towards King John's Castle and also passing the historic Alms Houses. During evening time and night time, the alternate route is via Bridge Street to Nicholas Street.

C-D King John's Castle is one of the finest examples of Norman architecture in Limerick and which is open to visitors daily. Leaving the Castle and keeping it on the left, proceed down Bridge Street and over Thomond Bridge before turning left and arriving at the Treaty Stone where the Treaty of 1691 signalling the end of the Williamite war was signed.

D-E From the Treaty Stone, walk along the new riverfront Boardwalk to Sarsfield Bridge viewing King John's Castle, City Hall, St. Mary's Cathedral and the River Shannon. At the traffic lights, continue straight to O'Callaghan Strand and St Michael's Boat Club.

E-A At St. Michael's Boat Club, use the ramp to the Shannon Bridge and turn left at top of bridge, crossing over the Shannon River back towards the City. At the end of the Bridge, turn left and walk along the Riverbank passing the Limerick Seaman's Memorial and the Dockers memorial, and various pubs and restaurants. Continue to the underpass at Sarsfield Bridge which leads back to the Tourist Office.

Trailhead: Limerick Tourist Office, Arthur's Quay Limerick
Services: Available at many locations.
Distance: 3km
Time: 1 hour
Difficulty: Easy
Terrain: Riverside Pavement Walk
To Suit: All levels, leisure walkers, wheelchair users
Minimum Gear: Trekking shoes, rain gear, fluids and mobile phone.
OS Maps: 65



Trailhead: Glenstal Woods, Co. Limerick
Services: Murroe (4km), Co. Limerick
Dist/Time: 15km / 2.5hrs - 3.5hrs
Difficulty: Moderate
Terrain: Forestry tracks and minor roadways
To Suit: Medium level of fitness
Minimum Gear: Sturdy walking boots, waterproofs, rucksack, fluid, snacks and mobile phone.
GPRS: XXXX

3. GLENSTAL WOODS LOOP

The Slieve Felim region is an area between Limerick City, Nenagh, Thurles, and Tipperary – and so called because it is dominated by the Slieve Felim Mountains. It is a place of quiet beauty and natural rural charm. This loop gives fantastic views into north Co. Limerick and south Tipperary. The return section overlaps with the Slieve Felim Way – a long distance walking route which stretches almost 36km from Murroe in Co. Limerick to Silvermines Village in Co. Tipperary. This loop walk is part of the network of National Looped Walks and is marked using the standard purple National Looped Walk directional arrows.

Directions to trailhead

R506 between Limerick City and Cappamore. With the church on your left take the road to the left (following the signs for Thomond Scout Centre and not those for Glenstal Abbey). Follow this road for approximately 2km and turn left following the signs for the Slieve Felim Way. After 5km you reach the trailhead located at a barrier entrance to Glenstal Woods. [Note: The trailhead is signposted from Murroe.]

A-B. With your back to the carpark at the entrance to Glenstal Woods, start out along the surfaced roadway on your right. The road gently ascends towards Meentolla and, after 1km, reaches a crossroads where you veer right.

B-C. Travel 1km along this roadway to reach a barrier entrance to Glenstal Woods. Turn right here.

C-D. The loop now ascends gently for 1km before levelling out and giving fine views into north Co. Limerick and south Tipperary. After descending into Gleno, it ascends again for 2km to reach its highest point at 350m – with spectacular views of Keeper Hill to the north (left). Shortly afterwards it swings south, circling the Slieve Felim Mountains and joins the long-distance Slieve Felim Way – denoted with the distinctive yellow arrows and walking man. Your loop overlaps with the Way on its return to the trailhead.

D-A. After a 4km stretch along the forested southern shoulder of Slieve Felim, the loop descends into more natural woodland where in summer, the rhododendron is spectacular and forms a soothing finale to the walk.

4. MAGICAL LOUGH GUR TRAILS

Lough Gur has been a place of continuous habitation for at least 5,500 years since the arrival of the Neolithic people and represents in microcosm each of the different ages. This is a rich archaeological area featuring the Stone Circle (Bronze Age), Megalithic Tomb (Stone Age), New Church (Pre-Roman), Post Medieval) and Carrig Aile Ring Forts (Early Christian). This Magical Lough Gur Trail guides you to archaeological areas around the lake. To explore the area further download Magical Lough Gur and Legendary Lough Gur i-Trails from www.loughgur.com

Directions to trailhead

Lough Gur lies 21km south east of Limerick City N 52 31.316° W 008 31.173°

1. The Spectacles
 This is one of the very early Christian field systems, consisting of four small fields, each containing a dwelling house, outbuildings and enclosures for cattle. People were living here when the Vikings launched their boats on Lough Gur in 926 A.D.

2. Carrigcrothera - Hangman's Rock
 Follow the steps up to Carrigcrothera from where you will see beautiful views of the area. On the right is Knocknellen, left Knockadoun, Garrett Island at the centre and Araghlooda at the far end of the lake.

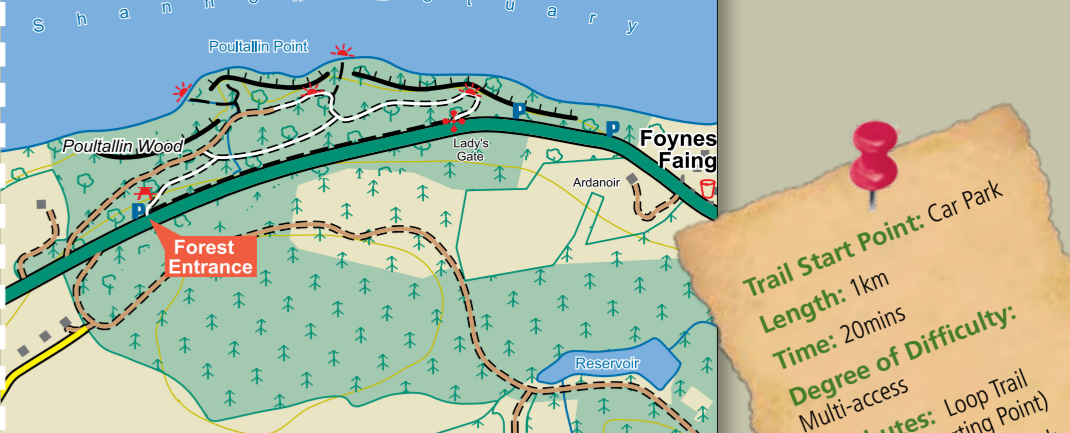
3. The Lime Kiln
 In use in the 19th century, limestone was burnt in the kiln to make slaked lime which was used for spreading on land, whitewashing houses and outhouses; the process would take 3 days. Limestone was fed into the kiln from the top and the path which leads to the interpretative centre was originally used for feeding the kiln.

4. Bouchers Castle
 The present structure dates from the early 1600s during the reign of James I but it replaced an earlier castle on the same site and some of the earlier features are incorporated into it. A typical tower house, it has defensive outworks and a causeway on its approach. After the plantation of Munster and the fall of the Earls of Desmond, the lands at Lough Gur were granted to Sir George Boucher, son of the second Earl of Bath.

5. Bolin Island (Cranog)
 Bolin Island is man made and was built as a defended lake dwelling sometime between 500 and 1,000 A.D. by people who farmed the land near the lake. It is 30m in diameter and would have been accessed by an underwater causeway.

6. Pigeon House
 The Pigeon House is an important element of the built heritage of Lough Gur illustrating the 18th and 19th century practice of erecting purpose-built structures to keep pigeons for eggs and food.

Lough Gur: OS Map No 65



5. FOYNES SHANNON ESTUARY WALK

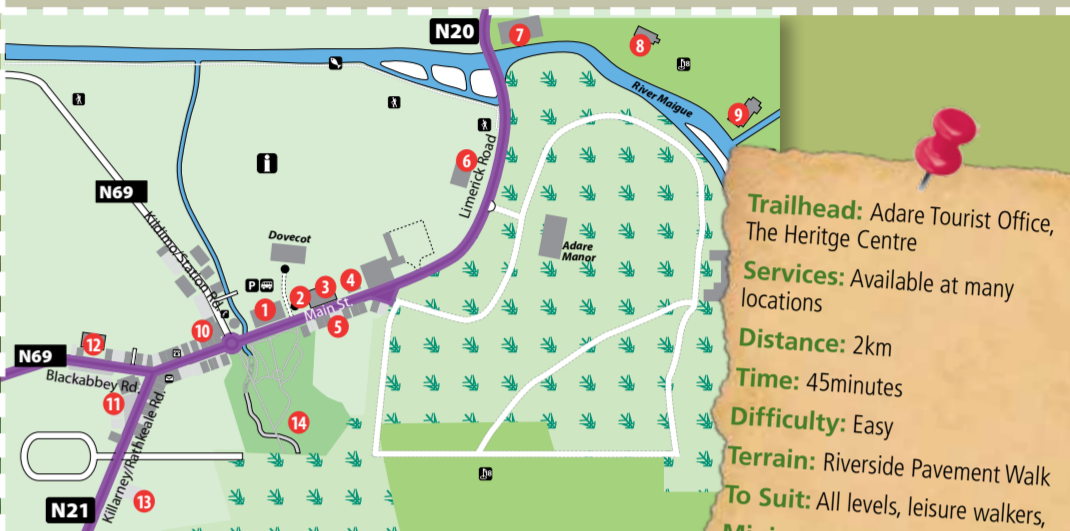
Foynes is a village and major port, located on the banks of the majestic River Shannon on the N69. The area is home to the Foynes Flying Boat Museum, and the nearby Knockpatrick and Boyce Gardens.

Directions to trailhead

From Limerick City, take the N69 Coast Road, signposted Tralee and Listowel, in the direction of Foynes (approx 35km). Travel through the town, past the Flying Boat Museum and port and up the hill. The lay-by for the woodland amenity area will be on your right-hand side.

There are some twisty paths to explore that offer fantastic views out over the estuary and a picnic area which includes a special adapted picnic table for wheelchairers. For the nature enthusiast, there is a range of tree species, bottle-nosed dolphins, otters and visitors to Foynes Island, the home of the famous mariner/circumnavigator Conor O'Brien. For the historian, imagine the transatlantic flying boats landing in Foynes 1937-1945. Although relatively small, this is a unique site that offers the visitor a great opportunity to take some time out and soak up what nature has to offer.

Trail Start Point: Car Park
Length: 1km
Time: 20mins
Degree of Difficulty: Multi-access
Attributes: Loop Trail (Returns to Starting Point)
Finish Point: Car Park



6. ADARE VILLAGE & RIVERBANK WALK

Adare is regarded as being Ireland's prettiest and most picturesque village. Situated on the river Maigue, a tributary of the River Shannon, Adare is steeped in history dating back to 1200AD and is on N21.

- | | | |
|------------------------------|---|--------------------------------|
| 1. Adare Tourist Office | 6. Augustinian Priory (1315) | 10. Courthouse (1840) |
| 2. Village Fountain | 7. Desmond Castle (1202/1226) | 11. Village Hall |
| 3. Trinitarian Priory (1230) | 8. Church of St Nicholas & Chantry Chapel | 12. Methodist Church |
| 4. Parochial House (1852) | 9. Franciscan Friary (1464) | 13. Christian Brothers School |
| 5. Thatched Cottages (1825) | | 14. Washing Pool & Public Park |

Trailhead: Adare Tourist Office, The Heritage Centre
Services: Available at many locations
Distance: 2km
Time: 45minutes
Difficulty: Easy
Terrain: Riverside Pavement Walk
To Suit: All levels, leisure walkers, rain gear, fluids and mobile phone.
OS Map: 65

7. GREAT SOUTHERN TRAIL

The Great Southern Trail (GST) is a unique 85km stretch of countryside in West Limerick/North Kerry. It is the route taken by the Limerick - Tralee railway line, which opened in 1867/1880 and closed in 1975/1977. Today the Great Southern Trail is suitable for walking and cycling off the road along a 37km route. The GST Action Group are non-profit, working to develop the Limerick to Tralee section of the trail.

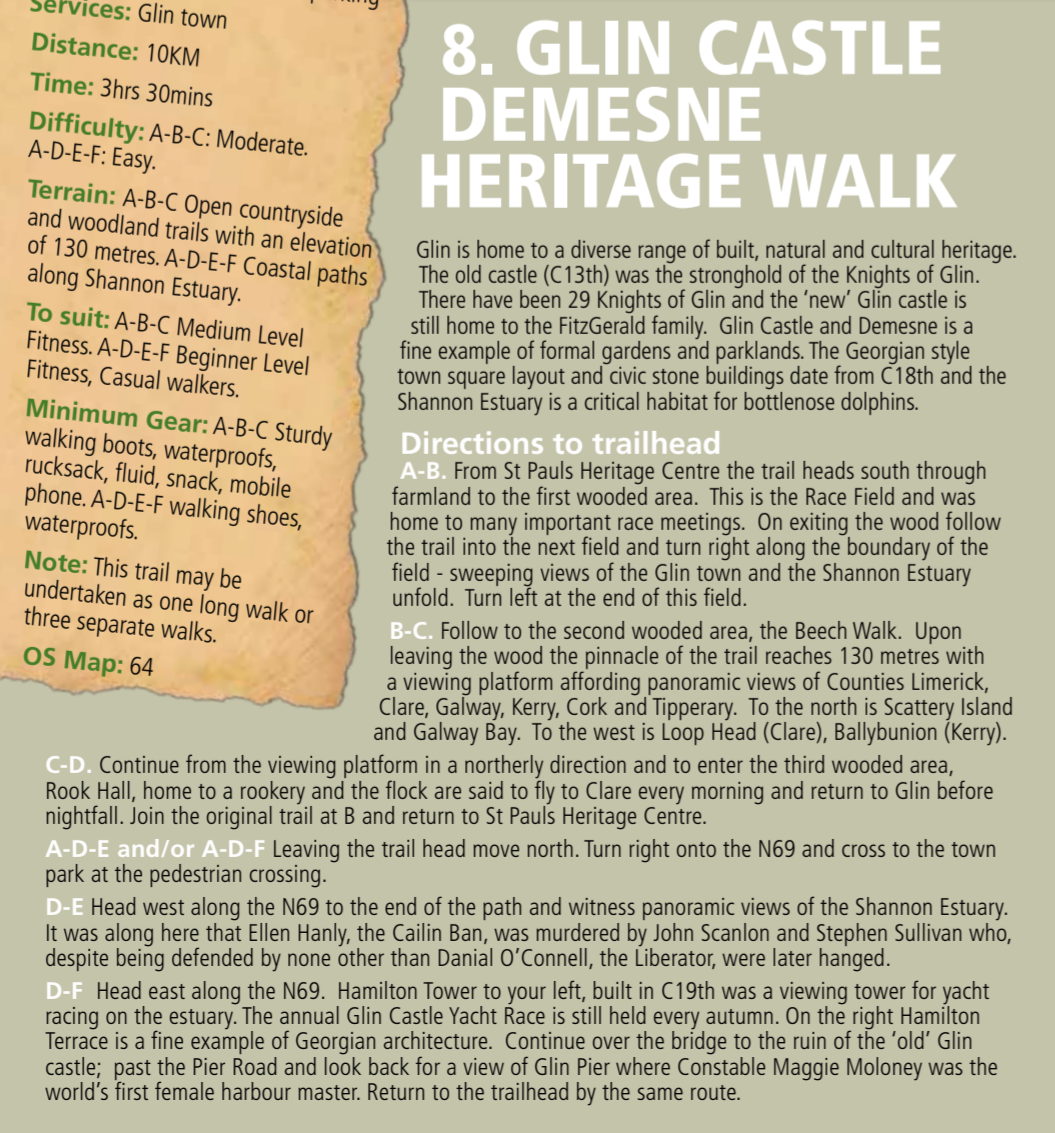
Trailheads:

- 1) Rathkeale: The old station, now the Palatine Museum www.irishpalatines.org accessed from R516 roundabout south of N21
- 2) Ardagh: The entrance is at the railway bridge on L7001 linking N21 with R523. Parking is at the Community Centre 200m from the railway bridge
- 3) Newcastle West: One entrance at Bishop Court (off Bishop St.), the second near Gaelscoil O' Dúghair/ Recycling Centre on R521
- 4) Barnagh: The summit of the GST, parking is at the N21 westbound lay-by with three options for exploration: a) main trail west towards Abbeyfeale; b) main trail east towards Newcastle West/Rathkeale; c) Barnagh railway tunnel 1km directly from the lay-by
- 5) Templeglantine: Parking at Halla Inse Bán on L21006 (opposite the Church); the trail is 1km north along this local road
- 6) Devon Road: At Devon Road Cross turn north off N21/R515 junction and travel along L7059 where Tullig Wood is visible to the right
- 7) Abbeyfeale: In the town centre turn onto R524 (Athea road), the old Station is on the right, 1km (adjacent to the 'Railway Bar')

Services: Rathkeale, Ardagh, Newcastle West, Templeglantine, Abbeyfeale
Distance: 37km but can be undertaken in shorter segments
Difficulty: Easy to Moderate walker
To Suit: Average fitness, casual walker
Minimum Gear: Sturdy walking boots, waterproofs, rucksack, fluid, snacks and mobile phone
OS Maps: 64 & 72



Trailhead: St Pauls Heritage Centre on Church St with ample, safe parking
Services: Glin town
Distance: 10KM
Time: 3hrs 30mins
Difficulty: A-B-C: Moderate. A-D-E-F: Easy.
Terrain: A-B-C Open countryside and woodland trails with an elevation of 130 metres. A-D-E-F Coastal paths along Shannon Estuary.
To Suit: A-B-C Medium level Fitness. A-D-E-F Beginner Level Fitness, Casual walkers.
Minimum Gear: A-B-C Sturdy walking boots, waterproofs, rucksack, fluid, snack, mobile phone. A-D-E-F walking shoes, waterproofs.
Note: This trail may be undertaken as one long walk or three separate walks.
OS Map: 64



8. GLIN CASTLE DEMESNE HERITAGE WALK

Glin is home to a diverse range of built, natural and cultural heritage. The old castle (C13th) was the stronghold of the Knights of Glin. There have been 29 Knights of Glin and the 'new' Glin castle is still home to the FitzGerald family. Glin Castle and Demesne is a fine example of formal gardens and parklands. The Georgian style town square layout and civic stone buildings date from C18th and the Shannon Estuary is a critical habitat for bottlenose dolphins.

Directions to trailhead

A-F From St Pauls Heritage Centre the trail heads south through farmland to the first wooded area. This is the Race Field and was home to many important race meetings. On exiting the wood follow the trail into the next field and turn right along the boundary of the field - sweeping views of the Glin town and the Shannon Estuary unfold. Turn left at the end of this field.

B-C. Follow to the second wooded area, the Beech Walk. Upon leaving the wood the pinnacle of the trail reaches 130 metres with a viewing platform affording panoramic views of Counties Limerick, Clare, Galway, Kerry, Cork and Tipperary. To the north is Scattery Island and Galway Bay. To the west is Loop Head (Clare), Ballybunion (Kerry).

C-D Continue from the viewing platform in a northerly direction and to enter the third wooded area, Rock Hall, home to a rookery and the flock are said to fly to Clare every morning and return to Glin before nightfall. Join the original trail at B and return to St Pauls Heritage Centre.

A-D-E and/or A-D-F Leaving the trail head move north. Turn right onto the N69 and cross to the town park at the pedestrian crossing.

D-E Head west along the N69 to the end of the path and witness panoramic views of the Shannon Estuary. It was along here that Ellen Hanly, the Cailin Ban, was murdered by John Scanlon and Stephen Sullivan who, despite being defended by none other than Daniel O'Connell, the Liberator, were later hanged.

D-F Head east along the N69. Hamilton Tower to your left, built in C19th was a viewing tower for yachting racing on the estuary. The annual Glin Castle Yacht Race is still held every autumn. On the right Hamilton Terrace is a fine example of Georgian architecture. Continue over the bridge to the ruin of the 'old' Glin castle; past the Pier Road and look back for a view of Glin Pier where Constable Maggie Moloney was the world's first female harbour master. Return to the trailhead by the same route.

9. CLARE GLENS LOOP WALKS

The Clare Glens is a wooded area along the banks of the Clare River, which separates counties Limerick and Tipperary. The scenery is breathtaking, with wild dense forest combined with the calm rushing of the crystal clear waters. The Glens consist of a picturesque red sandstone gorge through which the Clare River flows and displays numerous waterfalls. These loop walks are part of the network of National Looped Walks and are marked using the standard National Looped Walk directional arrows.

Directions to trailhead

Start from the village of Murroe (Moroe) on the R506 between Limerick City and Cappamore. Follow the signs for Clare Glens which take you north out of the village. Follow this road for approximately 5km to reach the trailhead at a car parking area on your left. Both loops start and finish here. [Note: The trailhead is signposted from Murroe.]

A-B-A-B. Leaving the trailhead both loops enter the glens via a metal kissing gate at the left of the bridge over the Clare River. Turn left onto a narrow trail following the purple (and green) arrows - the green arrows are for the shorter Nature Loop. The loop gains ground away from the river and stays to 'upper' paths to pass a stone footbridge, before veering right and downhill to reach the riverbank at a wooden footbridge. The Nature Loop turns right here crosses the Clare River via a wooden footbridge and returns to the trailhead. The Glen Loop proceeds straight ahead.

B-C. The longer Glen Loop takes the walker uphill again and follows woodland paths through mature woodlands to reach another footbridge near the Clare Falls. This footbridge marks the farthest point of the loop. Cross the bridge (passing from County Tipperary into County Limerick) and turn right.

C-D. Continue to follow the purple arrows along a sandy woodland path to reach a path joining from your right. Here you rejoin the Nature Loop (green arrows).

D-A. Continue to follow the sandy path along your return to the trailhead.



Trailhead: Clare Glens, Murroe, Co. Limerick
Services: Murroe (5km), Co. Limerick
Dist/Time: Nature Loop (Green Loop) 2km / 30mins - 1hr Glen Loop (Purple Loop) 4km / 1-1hr 30 mins
Difficulty: Easy
Terrain: Woodland Paths
To Suit: Medium level of fitness
Min. Gear: Sturdy walking boots, waterproofs, rucksack, fluid, snacks, mobile phone.
GPRS: XXXX

10. CURRAGHCHASE FOREST PARK

The park covers 313 hectares of mixed woodlands, park land and lakes which together provide a rich habitat. Originally, the name of the estate was Curragh (meaning bog) before it was changed to Curragh Chase by Sir Aubrey de Vere, a poet and author, born at Curragh Chase in 1814. Curragh Chase was acquired in 1957 by Coillte and in the 1970s was established as a forest park.

There are several special areas of conservation in the park and Coillte is currently involved in restoring native woodlands to important sites in the park. There are a number of looped way marked trails in the park to suit all visitors, varying from the multi-access trails suitable for wheelchair users and family walkers to the longer trails suitable for those looking for more demanding walking and cycling. Parking fee €5 or €35 Annual Admittance Card.

Directions to trailhead

From Limerick take the N69 coast road west heading towards Foynes. Pass through Kildimo village and continue to Kilmoran. Turn left leaving Kilmoran and follow the road for 3.5 kms to reach the Forest Park. It is clearly signposted from the N69.
Services: Kilmoran



CURRAGH WALKING TRAIL

Trailhead: Car Park
Distance/Time: 2.4km / 30mins
Metres Climb: 10
Attributes: Loop Trail (Returns to Starting Point)
Finish Point: Car Park
Trail Way marking: Blue

The Curragh Trail is a multi-use walking and cycling trail to suit occasional walkers and cyclists. It has generally low gradient, reasonably smooth surfaces with some loose stones and protruding roots and can be narrow in places. The trail leaves the Lake Trail and brings you through mature broadleaf and conifer forest, following old estate drives for a while. The trail is under the tree canopy most of its length and is reasonably sheltered.

Trailhead: At the house ruins
Length: 1.1 km
Time: Walk 30mins
Degree of Difficulty: Multi-access. View Trail Grade Definitions
Metres Climb: 0
Attributes: Loop Trail (Returns to Starting Point)
Finish Point: Car Park
Trail Way marking: Orange

The Arboretum Trail offers an opportunity to stroll through the old arboretum of Curragh Chase and see the many trees that grow in the south west of the country. Visitors to Ireland may be surprised at the diverse range of trees we can grow but of course our success is the warm air and sea currents that cross the Atlantic on the Gulf Stream. The de Vere family put together an extensive collection of trees and shrubs from all over the world. We have constructed a new trail that will guide you close to some of these great trees and we have also provided "signal signs" which allow you to learn more about the individual trees. The trail can be walked in about 20 minutes but you should allow 40 minutes to an hour to read about and admire these beautiful trees.

Trailhead: Car Park
Length: 3.6km
Time: 1hr
Degree of Difficulty: Moderate. View Trail Grade Definitions
Metres Climb: 20
Attributes: Loop Trail (Returns to Starting Point)
Finish Point: Car Park
Trail Way marking: Green

GLENISCA WALKING TRAIL

The Glenisca Trail is a multi-use walking and cycling trail to suit occasional walkers and cyclists. It has generally low gradient, some uneven surfaces with some loose stones and features such as protruding roots, dips and hollows and is narrow in places. The trail leaves the Curragh Trail loop and brings you through mature broadleaf and conifer forest, passing an old cave and impressive limestone cliff walls. The trail rounds Glenisca Lough which has a fluctuating water table from Winter to Summer. The trail passes through an old Yew woodland habitat currently being restored. Some of the massive Yew trees are a hundred of years old and are visible from the trail.

Trailhead: Car Park
Length: 1.1km
Time: 20mins
Degree of Difficulty: Multi-access. View Trail Grade Definitions
Metres Climb: 0
Attributes: Loop Trail (Returns to Starting Point)
Finish Point: Car Park
Trail Way marking: White

The Lake Trail is a multi-access trail designed to give every visitor an opportunity to explore the sights, sounds and smells of nature up close. The trail surface allows users of all abilities to access the park and features wide sections of smooth forest road and trail. Wheelchair users, kids on bikes with stabilisers and family groups on foot or bike can equally enjoy this loop. Starting from the car park, follow the white way markers to bring you to the left along a forest road. Cross over the weir which was constructed to maintain a high water level in the lake before turning right to bring you onto the lakeside path. There are benches along the lake to allow you to take a break and admire the grandeur of the old house or to feed the ducks! Remember to take care near the water's edge! Cross onto Lady's Island by the 2 bridges before returning to the car-park

Trailhead: Car Park
Length: 1.1km
Time: 20mins
Degree of Difficulty: Multi-access. View Trail Grade Definitions
Metres Climb: 0
Attributes: Loop Trail (Returns to Starting Point)
Finish Point: Car Park
Trail Way marking: White